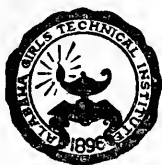


ALABAMA GIRLS TECHNICAL INSTITUTE BULLETIN



FOOD CONSERVATION BULLETIN HOME ECONOMICS DEPARTMENT

FOOD SAVING HINTS
RECIPES USING SUBSTITUTES FOR
SUGAR, MEAT, WHEAT
AND FAT

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Food Saving Hints

Mr. Hoover, of the Food Administration, has stated that in order to win this war we must increase the production and conservation of food materials, and eliminate the wastes.

The housekeepers of the union are particularly concerned with the last two methods. It is their patriotic duty to see that the food consumed in their homes meets the Administration regulations. Since the foods shipped to our Allies are those which supply the most food value and occupy the least space, we are vitally interested in saving these foods. They are sugar, wheat, pork, beef, and dairy products.

The following recipes are offered as suggestions.

Some of these recipes have been worked out by the teachers and pupils of the A. G. T. I., some are copied from other bulletins, and two are contributed by friends who are not connected with this department. All have been tested in the A. G. T. I. Domestic Science laboratory.

(Note: All dry materials are sifted before being measured.
All measures are taken level.)

"SAVE THE SUGAR" RECIPES

Buttermilk Cake

(University of Texas Extension Bulletin)

$\frac{1}{2}$ cup syrup	$1\frac{1}{2}$ cups flour
2 tablespoons shortening	$\frac{1}{2}$ teaspoon salt
1 egg—well beaten	1 teaspoon baking powder
$\frac{3}{4}$ cup buttermilk	1 teaspoon vanilla or lemon flavor
$\frac{1}{3}$ teaspoon soda dissolved in	
$\frac{1}{2}$ tablespoon water	

Take all measurements level. Cream syrup and shortening, mix well beaten egg, buttermilk and soda dissolved in water together. Combine the two mixtures. Fold in dry ingredients. Bake in moderate oven in greased pan.

Milkless, Butterless, Sugarless, Eggless Cake

(Alabama Girls Technical Institute)

First Mixture

$\frac{3}{4}$ cup syrup
4 tablespoons oil
$1\frac{1}{4}$ cups water
1 cup chopped raisins
2 ounces citron, cut fine

Second Mixture

2 cups flour
5 teaspoons baking powder
$\frac{1}{2}$ teaspoon nutmeg
1 teaspoon cinnamon
$\frac{1}{4}$ teaspoon cloves
$\frac{1}{2}$ teaspoon salt

Mix first mixture and cook 3 minutes. Cool, add the second mixture. Bake in layers or as a loaf cake.

Chocolate Frosting

(University of Texas Extension Bulletin)

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|------------------------------------|-------------------------|
| $\frac{1}{2}$ cup grated chocolate | 1 large egg—well beaten |
| $\frac{2}{3}$ cup honey | |

Cook ingredients in double boiler until of a consistency to spread.

Honey Cake

(Oregon Agricultural College Bulletin)

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|--|---------------------------------|
| $\frac{1}{3}$ cup fat, $\frac{1}{2}$ teaspoon salt | 1 level teaspoon soda |
| 1 cup honey | 4 cups flour |
| 1 egg—well beaten | $\frac{1}{2}$ teaspoon cinnamon |
| $\frac{1}{2}$ cup sour milk | $\frac{1}{2}$ teaspoon ginger |

Beat fat until creamy. Add honey gradually and beat. Then add egg and milk, adding a little flour to keep a uniform creamy consistency. Fold in the rest of the flour sifted with the soda and spices. Bake in a rather shallow pan in a quick oven. Nuts may be sprinkled over the top before baking.

Drop Cookies

(Mrs. C. L. Meroney)

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|--|-----------------------------------|
| 1 cup sugar | 2 cups flour |
| 1 cup syrup | $\frac{1}{4}$ cup nut meats |
| $\frac{1}{2}$ teaspoon soda dissolved in | $\frac{1}{4}$ cup raisins |
| 1 tablespoon water | $\frac{1}{2}$ tablespoon cinnamon |
| 1 egg | 1 teaspoon flavoring |
| $\frac{1}{4}$ cup butter | |

Cream butter, syrup and sugar. Add egg and dissolved soda. Beat until smooth. Mix dry ingredients and mix with nuts and fruit, add with flavoring in first mixture. Drop from tip of spoon one-half inch apart on greased pan. Bake in moderate oven.

Oatmeal Cookies

(University of Texas Extension Bulletin)

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|------------------------------|-----------------------------|
| $\frac{1}{2}$ cup shortening | 2 cups flour |
| $\frac{1}{2}$ cup syrup | $\frac{1}{2}$ teaspoon soda |
| 2 cups rolled oats | few grains salt |
| $\frac{1}{2}$ cup hot water | 1 cup nuts, chopped |

Cream shortening and molasses well. Add rolled oats and hot water. Lastly add the remaining ingredients. Let dough stand one hour. Roll thin. Shape with cutter. Bake in moderate oven.

Boston Brown Bread

(Boston Cooking School Cook Book)

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|----------------------------|---|
| 1 cup rye flour | 1 $\frac{3}{4}$ cups sweet milk or sour milk |
| or white flour | $\frac{3}{4}$ teaspoon soda, or 1 $\frac{3}{4}$ if sour |
| 1 cup corn meal | milk is used |
| 1 cup Graham flour | 1 teaspoon baking powder (omit |
| 1 teaspoon salt | if sour milk is used) |
| $\frac{3}{4}$ cup molasses | |

Sift dry ingredients together, and stir into liquid ingredients. Fill well-greased cans two-thirds full, cover tightly. Steam 2 to 4 hours according to size of can. Baking powder cans may be used.

Indian Pudding

(F. L. Farmer)

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|-----------------------------|-------------------|
| 5 cups milk | 1 teaspoon salt |
| $\frac{1}{3}$ cup corn meal | 1 teaspoon ginger |
| $\frac{1}{2}$ cup syrup | |

Pour scalded milk slowly on meal. Cook in double boiler 20 minutes, add molasses, salt, and ginger. Pour into greased baking dish and bake 2 hours in slow oven. Serve with cream. Dates and figs may be added.

Honey Bran Muffins

(University of Texas Extension Bulletin)

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|---|--|
| 1 cup flour | $\frac{3}{4}$ teaspoon soda dissolved in |
| 2 cups bran | 1 tablespoon water |
| $\frac{3}{4}$ cups raisins, dates or nuts | 1 tablespoon fat (melted) |
| (chopped) | 2 tablespoons honey |
| 1 $\frac{1}{4}$ cups sour milk | |

Mix dry ingredients and fruit. Add sour milk, dissolved soda, fat, and honey. Bake in greased muffin pans 15 to 20 minutes.

"SAVE THE WHEAT" RECIPES**YEAST BREADS****Yeast Corn Meal Bread (2 Loaves)**

(Farmers' Bulletin No. 565)

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|----------------------------|--------------------------------|
| 2 $\frac{1}{2}$ cups water | $\frac{1}{2}$ cup water, or |
| 1 cup corn meal | $\frac{1}{2}$ cup liquid yeast |
| 6 cups wheat flour | 1-2 tablespoons sugar or syrup |
| (more if necessary) | 1 tablespoon salt |
| 1 yeast cake dissolved in | 2 tablespoons fat if desired |

If desired, the sponge for this bread may be set in the evening using only one-fourth as much yeast. In warm weather keep cool.

Add sugar or syrup, fat, and salt to liquid and bring to boiling point.

Add the corn meal slowly, stirring constantly, until all is added. Boil until stiff, stirring constantly. Cool until lukewarm. Add yeast cake dissolved in one-half cup water, and flour. The dough is sticky. Knead well. Let rise until double its bulk, knead again and put into loaves. When light, bake at least one hour in moderate oven.

Yeast Oatmeal (Rolled Oats) Bread (2 Loaves)

(Farmers' Bulletin No. 565)

2 cups liquid (water or milk, or both)	1 yeast cake softened in $\frac{1}{2}$ cup water
$\frac{1}{2}$ tablespoon syrup	2 cups rolled oats
1 tablespoon fat	$4\frac{1}{2}$ -5 cups flour
1 tablespoon salt	

Scald liquid and pour over rolled oats, syrup, fat, and salt. Let stand until lukewarm, add yeast softened in warm water. Add flour and knead. Let rise until double its bulk. Knead again and place in pans. When light bake in moderate oven 45 to 60 minutes.

Rye bread may be made by following white bread recipe, using equal quantities of rye and white flour.

QUICK BREADS

Wheat Meal or Graham Biscuits

4 cups Graham flour or wheat meal	2 tablespoons sugar (may be omitted)
2 teaspoons salt	4 tablespoons shortening
4 teaspoons baking powder	$1\frac{1}{2}$ cups liquid (scant)

Sift together, flour, salt, sugar, and baking powder twice. Cut the shortening (cold) into the mixture with a knife until it looks like coarse meal. Mix quickly with the cold liquid, adding just enough to make a fairly soft dough. Turn onto floured board, roll one-half inch thick, cut into rounds, place in lightly floured biscuit tin. Bake 10 to 20 minutes in hot oven.

Fifty-Fifty Biscuits

(University of Texas Extension Bulletin)

2 cups corn meal, soy bean, pea-nut or rice flour	2 teaspoons salt
2 cups white flour	4 tablespoons shortening
6 tablespoons baking powder	$1\frac{1}{2}$ cups liquid

Mix as for Graham Biscuits.

Peanut Biscuit

In Fifty-Fifty Biscuits substitute 1 cup crushed roasted peanuts for 1 cup meal.

Spoon Bread

(Miss Myrtle Brooks)

1	cup corn meal	1	teaspoon salt
2	cups boiling water	2	eggs
1	cup sweet milk		

Scald the corn meal with the boiling water, and add the sweet milk, salt and eggs. Beat until smooth. Bake in hot oven 30 minutes, and serve in the dish in which it is cooked.

Corn Meal Cookies

(Alabama Girls Technical Institute)

1 $\frac{1}{2}$	cups sifted flour	3	tablespoons fat
1 $\frac{1}{2}$	cups fine corn meal	1	egg
1	teaspoon salt	1	teaspoon vanilla extract
2	teaspoons baking powder	$\frac{1}{2}$	cup milk (scant)
1	cup sugar		

Sift flour, meal, salt and baking powder together. Cream fat and sugar, and add egg well beaten. Add flour and milk alternately until dough can be rolled. Roll thin on a floured board. Cut with biscuit cutter, and place in greased tins 10 minutes in a medium hot oven or until a delicate brown.

Peanut Bread

(University of Texas Extension Bulletin)

2	cups Graham flour	$\frac{1}{2}$	cup sugar
2	cups flour		(if desired)
6	teaspoons baking powder	1	cup ground peanuts
1	teaspoon salt	2	cups milk

Mix flour, baking powder, salt, sugar and peanuts thoroughly. Add the milk. Let rise 1 hour. Bake 45 minutes in moderate oven.

Mashed Potato Biscuit

(Alabama Girls Technical Institute)

1	cup mashed potato (sweet or Irish)	2	tablespoons fat
1	cup flour or meal	4	teaspoons baking powder
1	tablespoon sugar if desired	$\frac{1}{2}$	teaspoon soft fat
		$\frac{3}{4}$	cup milk and water mixed

Mix flour, salt, and baking powder. Cut in shortening with fork or knife until the mixture looks like coarse meal. Add liquid and mashed potato. Mix as little as possible. Toss on floured board. Roll one-half inch thick. Cut with cutter. Bake in quick oven.

"SAVE THE MEAT" RECIPES

Baked beans, fish, eggs, and poultry, cream soups, and cheese dishes are good substitutes for meat.

Bean Chowder

(University of Texas Extension Bulletin)

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|----------------------------|---------------------------------------|
| 2 quarts beans well washed | 1 cup cooked macaroni, rice, or grits |
| 2 quarts water | |
| 2 medium sized potatoes | 2 cups stewed or strained tomato |
| 1 medium onion | salt and pepper to season |
| | 1 tablespoon butter |

Soak beans in water over night. Cook until tender. Add the potatoes diced, and the onion sliced. Cook until the vegetables are tender, and then add remaining ingredients. Serve hot.

Cheese Fondue

(University of Texas Bulletin No. 3)

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|---------------------------------|---|
| 1 cup scalded milk | 2 eggs, well beaten |
| 1 tablespoon butter | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup grated cheese | $\frac{1}{4}$ teaspoon mustard (if desired) |
| 1 cup bread crumbs | few grains pepper |

Cook mixture slowly in double boiler until it is thoroughly heated. Serve on toasted crackers.

Scalloped Fish

(Alabama Girls Technical Institute)

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|-----------------------------------|--|
| 2 cups cold flakes or canned fish | $\frac{1}{4}$ - $\frac{1}{2}$ cup stale bread crumbs |
| 2 cups diced boiled potatoes | 1 tablespoon fat |
| 1 cup medium white sauce | salt and pepper |

Grease a baking dish, put potatoes and fish in alternate layers in dish until all material is used, seasoning each layer. Pour over the last layer the white sauce which is made of 1 cup milk, 1 tablespoon fat, 1 tablespoon corn starch, $\frac{1}{4}$ teaspoon salt and a few grains of pepper. Melt the fat and add the bread crumbs, and place as a last layer on the top of the dish. Bake 8 to 10 minutes or until thoroughly heated through, and browned on top.

Sweet Potato Cakes

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|--------------------------------|---|
| 1 cup mashed potato | 2 tablespoons onion (if desired) |
| $\frac{1}{2}$ cup chopped nuts | 1 egg |
| $\frac{1}{2}$ cup bread crumbs | 1 tablespoon chopped parsley (if desired) |
| 1 tablespoon chopped cheese | salt to taste |

Make into cakes and fry in small quantity of grease. Serve with or without tomato or brown sauce, or bake in a well greased baking dish.

Nut Croquettes

(Alabama Girls Technical Institute)

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|----------------------|---------------------------------|
| 1 cup chopped nuts | 1 teaspoon onion juice |
| 2 cups mashed potato | 1 tablespoon chopped parsley |
| 2 egg yolks | $\frac{1}{4}$ tablespoon pepper |
| 1 teaspoon salt | |

Mix the materials thoroughly. Form into cylinders $1\frac{1}{2}$ inches by 3 inches. Beat the whites of the eggs slightly with 2 tablespoons of water until well mixed. Roll the croquettes in the mixture, then in bread crumbs and fry in deep fat or bake in hot oven until brown.

(Note: The following nuts may be used: hickory, scaly bark, walnut, pecans, peanuts almonds, etc.)

"SAVE THE FAT" RECIPES

Vegetable oils such as peanut oil and cottonseed oil are the common substitutes for lard and butter. These can be used in any recipes calling for butter if the quantity be reduced one-fifth and salt added.

Drawn Butter Sauce (for fish and steaks)

(University of Texas Extension Bulletin)

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|-----------------------|-------------------------------|
| $\frac{1}{3}$ cup oil | five grams pepper |
| 3 tablespoons flour | $1\frac{1}{2}$ cups hot water |
| 1 teaspoon salt | 2 tablespoons chopped parsley |

Mix oil, flour, salt and pepper well. Add the hot water and cook until thick. Add parsley just before serving.

Peanut Butter Loaf

(University of Texas Extension Bulletin)

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|-------------------------------|-------------------------------|
| 1 cup hot steamed rice | 1 tablespoon minced onion |
| 1 egg—well beaten | few grains pepper |
| 1 cup peanut butter | $1\frac{1}{2}$ teaspoons salt |
| 2 tablespoons chopped parsley | |

Mix ingredients well. Shape into a loaf in a well-greased pan. Bake 30 to 40 minutes in moderate oven. Serve hot.

Steam Pudding

(University of Texas Extension Bulletin)

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|---------------------------------|---------------------------------|
| 1 cup syrup | 1 teaspoon soda |
| 2 cups Graham flour | 1 cup chopped nuts |
| 1 teaspoon cloves | 2 cups chopped raisins |
| 2 teaspoons cinnamon | 1 cup grated raw carrot |
| $\frac{1}{2}$ teaspoon allspice | 1 cup grated raw potato |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{2}$ cup vegetable oil |

Mix dry ingredients and add the remaining ingredients. Mix well; fill greased molds $\frac{3}{4}$ full. Steam $2\frac{1}{2}$ hours. Serve hot with sauce or cream.

Peanut Butter

(University of Texas Extension Bulletin)

Shell roasted peanuts and grind several times through a chopper. Add salt to suit taste. Stir until a soft paste is formed.

Salad Dressing (Mayonnaise)

(Alabama Girls Technical Institute)

2 egg yolks	juice $2\frac{1}{2}$ lemons or
$1\frac{1}{2}$ teaspoons salt	$\frac{1}{2}$ cup vinegar
few grains pepper	$1\frac{1}{2}$ cups salad oil

Beat well the yolks, salt and pepper. While beating constantly, add 2 teaspoons lemon juice or vinegar. Then add slowly alternately the oil and lemon juice. Beat constantly.

Cooked Salad Dressing

(University of Texas Extension Bulletin)

2 tablespoons flour	2 egg yolks
2 teaspoons sugar or honey	$\frac{1}{4}$ cup vinegar
$1\frac{1}{2}$ teaspoons salt	$\frac{1}{4}$ cup oil

Mix flour, sugar, salt, and egg yolks. Add vinegar gradually and cook in double boiler until thick like cream. Chill and add the oil, constantly beating. Thin with milk or cream as desired.

SAVING HINTS

1. Dry cheese may be grated and served on cabbage, or greens or on toast and heated until melted.
2. Dry pieces of meat may be chopped and served on toast, to stuff potatoes, tomatoes or peppers, or in omelets or mixed with scrambled eggs.
3. Left over muffins or biscuits may be split and toasted.
4. Stale bread may be ground into crumbs and served with macaroni, spinach, beets, greens and scalloped dishes, or may be made into muffins, puddings, and ice creams.

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